**Health Instructional Packet Form 6th-9th grade days 17-21**

**Directions:** This week we will focus on making physical activity a lifestyle change. Physical activity should be more than just an occasional choice. Being physically active should be a daily way of life along with eating healthy. We are going to focus on activities that you can do for the rest of your life that will help you maintain an active lifestyle. Please select at least **2** of the following lifetime fitness activities **per day** for instructional packet days 17-21: **nature walk with family, dance with family to a song, play any outdoor sport with anybody, go fishing, biking, active game night with family (charades, twister, can include sport as well, yoga, frisbee.** Answer the following questions on a separate sheet of paper or submit through live grades for **each day** missed.

Describe how the lifetime physical activities positively impacted your mental health. In other words, did it help you feel relaxed, and happy? If so, why do you think you felt this way?

Write down 1 meal that you ate today. Write down the carbohydrate amount of each food. You can find the number of calories by look at the side of the food box.

Would you recommend that other people engage in lifelong activity? Why?